

*When you read any of my works, you will need to have read both *The Dictator's Handbook* by Bruce Bueno de Mesquita and Alastair Smith and *The 48 Laws of Power* by Robert Greene to understand the messages that follow. Also, a reminder that the definition of youth used here is people under the age of majority. In the US, that's people ages 0–17.

*You might also want to read *Influence: The Psychology of Persuasion*, by Robert Cialdini; *Our Masters' Voices: The Language and Body-language of Politics*, by Max Atkinson; and *Power: Why Some People Have It and Others Don't*, by Jeffrey Pfeffer. These books will help you gain a deeper understanding of Youth Liberation and how parents oppress their kids. These books will also be instrumental in helping you come up with strategies to avoid getting hurt by your parents, band together against compulsory schooling, and organize and protest safely and effectively.

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Keeping Your Youth Liberationist Works Online

As youth liberationists, you might want to back up your youth liberationist writings, art, and entertainment media as many times as possible. Online free-to-upload libraries can often become subject to lawsuits and get taken off the internet, causing the precious information they hold to be lost forever. Rain and fall damage will damage computers beyond repair. Physical paper can have food and beverages spilled on it and ruined. It's very important that if you're writing, drawing, or producing youth liberationist works, you back them up again and again and again.

What's even more important is that you spread them to the maximum possible number of youth. Send them to your fellow youth liberationists and get them to download them. Especially share them with your fellow youth at your elementary, middle, and high schools. The more copies of your work that are out there, the smaller the setback you'll face when one or more of them go missing. This practice also has the added benefit of making it harder to silence you. You'll also get better at distribution as you keep spreading your work.

As youth liberationists, we must accept the fact that parent-slavers, teachers, ageist media, and other anti-youth people will try to silence us. There are all sorts of methods that they use, from claiming that they own our work because we are minors and they are our guardians/custodians/conservators to abusing copyright laws to get rid of our work, filing a lawsuit, filing criminal charges, or a hundred other methods. You need to make sure your work can outrun your parent-slavers and anyone else who wants to silence you. That means giving it the fastest wings possible by uploading it to as many online archives as possible, distributing it around your school to as many kids as possible, and making sure you have backups for your backups and for your backups' backups.

The Story of Joey

*This story is purely for demonstrative purposes and is totally fiction. This is a work of fiction. Names, characters, places, and incidents are either products of the author's imagination or are used fictitiously. Any resemblance to actual events, locales, or persons, living or dead, is entirely coincidental.

We tell this story to help fellow youth liberationists understand how the abuse of parent slavers can destroy the life of a youth and how the tendency of parent-slavers to weave narratives to disguise their abuse can cause the life story of a kid to be very different than what is documented in legal, medical, and school records.

There once was an 8-year-old kid named Joey. Joey is heavily abused by his parents, who use their supposed desire for him to get an education to justify their abuse. They say that if he doesn't get perfect grades, then he doesn't deserve to live under their roof or eat their food. They use this narrative to fill his time with studying and yell at him whenever he is not studying at home. They forbid him from making friends and refuse to let him relax at home, to the point where he is always afraid at home. Joey eventually starts making mistakes in his schoolwork due to this abuse, which then gets communicated to his parents. Joey doesn't speak to adults about the abuse, and it wouldn't matter anyway because CPS in the US works for parents instead of against them. It gets worse.

Joey is now 9 years old. Joey's grades slip from perfect A's to Bs, and his parents take action to abuse Joey even more, starving him by giving him less than the amount of food that he needs to survive and taking away his bed. They steal and sell all but three pairs of his clothes and load up his backpack with textbooks so that his back hurts whenever he walks through the school hallways. They claim that they're "motivating" him to study, but Joey feels less motivated than ever. Joey suffers under the abuse, and his grades drop even more because he can't concentrate due to the hunger. Joey doesn't offer any complaints because he has been told since birth that it is his duty to reflect well on his parents. Joey feels grateful, even though he is being heavily abused. As the abuse intensifies, Joey more and more comes to believe that his parents are loving and kind, and everything they do to him is what he deserves. It gets worse.

Joey begs and pleads with his parents on his knees for food, and they allow him to work for food around the house. Joey is forced to do all the housework before going to school every day, and when he complains to his parents that he's going to get in trouble for missing school, his parents threaten to turn him in for being truant. Meanwhile, they're pretending to plead with the school for leniency on his behalf, saying that he's just not interested in school anymore and has been experiencing mental health issues. They lie to the school that he has been getting into smoking cigarettes and stealing things. Joey has to go to Juvy as punishment for skipping school, but he eventually gets out. It gets worse.

One day Joey is cooking breakfast for his parents because they are forcing him to, and while he is normally an expert cook, the overwork and lack of food have gotten to him. His hand slips, and the hot pan slides off the stove, burning him when it lands on his foot. Joey is taken to the emergency room by his parents, who tell him during the car ride over that they will kill him if he says that the pan burning his foot was their fault or anything about his home life. They then give him a cover story, saying that he was cooking for himself and on his own and was very irresponsible because his parents told him, "Don't cook because we will do all the cooking for you." It gets worse.

After he gets treated, he comes home, and his parents stop ordering him to do all the housework and start feeding him regular meals again so it doesn't look suspicious. Joey gets enrolled in physical therapy after he gets treated, which his parents pay for. However, his parents refuse to drive him to physical therapy when it's in the next town over, 20 miles away. Joey gets there on his own when he can and skips when he can't. Joey's parents use his lackluster attendance in physical therapy to claim that he isn't trying hard enough, that he is lazy, and that he doesn't even care about his own health. They commiserate with other parents who remark at how much time Joey has been out of school, how lazy the boy is for not attending his own physical therapy, how little he cares for his health, and how he shows no gratitude for them paying for his therapy. Joey's parents pretend to defend him to these parents, cementing their image of very caring parents who are unlucky to have a very troubled, disobedient, and ungrateful boy. It gets worse.

They use this as an excuse to start forcing him to do housework again, saying that he needs to earn his keep if he's going to keep rejecting their generosity and disobeying so willfully. This time, they tell the other parents that Joey has "turned over a new leaf" and started voluntarily cleaning up around the property to thank his parents. They also start threatening him any time he eats more than they think is "enough for a boy his age" and sometimes prevent him from eating by locking up all the food. However, he is better fed than before, so Joey sees this as a plus. Joey eventually goes back to school full time, being 13 years old now. One day, Joey's parents are forcing him to clean the gutters while refusing to stand and support the ladder. It's rainy. The ladder slips, and Joey falls to the ground, injuring his spine and paralyzing himself from the waist down. Joey's parents now tell the story to anyone who will listen that Joey was cleaning the gutters of his own free will and repeatedly refused their requests that he forget about it or at least get some safety equipment and follow safety protocols. His parents naturally say that they were away when he decided to clean the gutters, pinning all the blame on him. The one neighbor who doesn't believe his parents keeps her mouth shut because she doesn't want to care for a crippled boy and doesn't want to testify against Joey's parents either. Joey gets to the hospital, and he again receives medical treatment. It gets worse.

Joey is now 14 years old. His parents start saying that they can't afford all the medical bills and time that come with treating a disabled kid. They say that he needs to leave and find a job for the good of the family. They remind him how much they've done for him and that he needs to pay them back. By this time, Joey understands that he's been screwed over, but they've already woven a rock-solid narrative that has been included in medical documents and school records.

When it comes to the “evidence,” everything supports the narrative that Joey’s parents have woven. They try to get him placed in a youth home, but there are no places that will take him. Joey has lived a horrible life, and he has to listen to them degrading him and cursing him for being a leech, ungrateful, and useless. They often amuse themselves by kicking him out and then bringing him back, against his will, before they get into legal trouble. They’ve sold all his stuff as “compensation” for living there. Every time Joey’s parents walk into his room, he feels like he is seeing a monster from a horror movie. Every time they talk, it’s as if ominous music is playing in his stomach. Everything feels wrong. He can’t understand how his parents are really his enemies and what crazy evil world he has woken up in. His parents write books on good parenting and disability rights, pretending to the rest of the world that they are loving and caring parents. The books sell very well, and no one believes him when he tells them what his parents did to him. They just label him ungrateful and call him manipulative, abusive, and a traitor, reciting how his parents have been very kind to him and have done so much for him. This is Joey’s life now for four more years, but the paralysis is irreversible, as is the fact that they turned 18 years of his life into a living nightmare.

While paralysis in the service of parents is rare, Joey’s parents’ behavior is common. There is no limit to the lengths that parents will go to cover up their own abuse, and most of their coverups inevitably involve punishing the kid for being abused, ensuring that “it gets worse.” This is because the quickest way to cover up the abuse of a victim is to make sure the victim is never believed, and that involves hurting the victim more in an attempt to diminish their credibility. Joey’s parents’ deliberate manipulation of the narrative in order to avoid punishment for abuse meant that the official documented record was completely different from the actual story. Joey had his reputation, his autonomy, and his body ruined by his parents. His mindless devotion to obeying his parents kept him from speaking the truth, not that it would have mattered, as Joey’s parents were careful in making sure that nothing ever blew back on them. Joey’s parents tortured him for five years, and then off and on for the rest of his childhood.

This story is an illustration of how easily parents can abuse kids and then weave a narrative to punish their kids and escape blame. Joey’s parents frauded their way through his medical, school, and legal records. Juvy and the courts believed that Joey was skipping school in order to steal and smoke. The school believed that Joey didn’t try hard enough and couldn’t care less about his classes (although, to be fair, school stinks and compulsory schooling should be abolished, so that’s not really that much of an insult on the school’s part). The hospital believes that Joey kept having accidents because of his failure to listen to his parents. Finally, the people who read his parents’ books believed that Joey’s parents love him and just want the best for him. Joey’s parents repeatedly wrote their fake version of his life into official records, creating a fake history for him and ensuring that no one ever believes the truth of his life.

Narrative weaving is a common and possibly ubiquitous part of parent-slaver behavior. This false qualitative data ends up in every kind of official record, poisoning studies about kid behavior, intelligence, K–12 education, and parenting strategies. These false narratives about kids affect court judgments and federal legislation and create culturally accepted news stories. In other words, narrative weaving by parent-slavers creates a common narrative that constantly

repeats and strengthens itself, oppressing kids worldwide. Kids all over the world are affected, no matter how little abuse they face from their parents. Kids should have the ability to determine their own life story.

Using the Method

In *DWYW Issue 3*, we shared “The Method,” a way to create and keep the habits that you want. In that context, we talked about using it for youth liberationist writing, but it can be used for any habit that doesn’t cause a great deal of pain. We want to reiterate that the key to using The Method is putting in as little effort as possible. In fact, the idea behind the method when it was created was to be able to create and keep habits with as little effort as possible, or even zero effort. The method can be used for writing, running, swimming, dancing, singing, protesting, eating more, and eating less (although you might want to wait until you stop growing before trying dieting). The method can be used to create a daily habit out of any activity that can be broken down into infinitely small pieces. If you’ve broken your habit into bite-sized pieces and are still not cementing it, then odds are those bite-sized pieces need to be smaller. Baby steps are really important when using The Method, even if it feels ridiculous how small your baby steps are. For example, when jogging/walking, I started off walking less than 1 minute a day for my first 42-day cycle, then only 2 minutes a day for my second cycle, then five minutes a day for my third cycle, then ten minutes a day for my fourth cycle, then twenty minutes a day for my fifth cycle, then thirty minutes a day for my sixth cycle, then forty minutes a day for my seventh cycle, then fifty minutes a day for my eighth cycle, then an hour a day for my ninth cycle, then back down to forty minutes a day where I feel comfortable. It may seem embarrassing and stupid how small you have to start, but it’s worth it in the end.

Another important thing that helps when using The Method is understanding that you can slice an activity into different types of pieces, and the key to starting and keeping the habit is slicing it the right way. For example, weight loss. Say that you need to lose weight. You could try slicing your food up by calories and going from eating ten calories less a day for 42 days to moving up to eating 200 calories less a day after six 42-day cycles. However, that’s too hyper-focused on calories and might give you a hangup about calories. You could also try slicing by macronutrients and eating a certain number of carbs, fats, and proteins, but that’s also not very good, and you’ll probably develop a hangup about macronutrients. The best way to do it is to restrict your “not-eating” to a single hour of the day (like from 5pm to 6pm) and slowly increase it until about eight and a half months later, or six 42-day cycles, you stop eating at 5pm and resume eating at 5am. Sometimes you have to experiment a little bit to find the right way to slice your habit; this trial and error may take several months. If you’re not slicing it the right way, you’ll end up dropping the habit, so keep experimenting; however, sometimes the takeaway might be that you just don’t want to do the habit as much as you thought. In this case, you’ve found out that you just don’t want the habit, and that’s cool too.

One third important thing to know about The Method is that it only works for activities that do not cause significant physical pain. For example, the method works great for daily exercise, but if you have a chronic pain condition that is exacerbated by exercise, then the method won’t work

at all. Part of the idea behind the method is to change one's habits by finding that sweet spot between the pleasure of doing what you want to do and the effort you have to go through to get it. You can actually put in quite a lot of effort and still easily make your habit every day, such as swimming for an hour daily or running for an hour daily. Since exercise makes people feel good and the pain is minimal, the method works flawlessly for all types of exercise that you can do daily. However, if the habit that you're trying to do causes significant pain or exacerbates pain from a preexisting physical injury or health condition, then the method won't work.

A fourth important thing to know about The Method is that it even works well for activities that cause emotional pain. As long as you follow the steps of The Method, you'll be able to cement your habit, no matter how much emotional pain it causes you. For example, if you are very afraid of protesting in the street, using The Method will allow you to accomplish it. The Method won't take away your emotional pain, although it will make you better and better at pushing through it to do whatever you want.

A fifth important thing to know about The Method is that "caring less makes it easier." While seemingly contradictory, caring less about achieving the habit and simply going through the steps without a care makes it easier to accomplish your habit. Don't obsess over whether you're doing it right or over the number of days you've been doing it. Especially with emotionally stressful habits, reducing emotional distress is important. As strange as it sounds, not giving a fudge about keeping your habit is actually an important step in keeping your habit. If you miss a few days here and there, it doesn't really matter as long as you keep at it. What matters is that you get back on it; you're not being graded, so there's no need to try for a perfect score. Just turn your brain off, follow the steps, and tell yourself, "Who gives a fudge if it doesn't work out? I don't give a fudge."